



South Australian Branch

# stretching



SMART PLAY

# WARM UP.

## Warm Up

- WHY?**
- to increase heat throughout the body
  - to reduce risk of tearing or straining muscles by increasing their suppleness
- HOW?**
- 2-3 minute jog, to raise a light sweat (complete before stretching)

## Stretching

- WHY?**
- to increase flexibility and freedom of movement
  - to reduce muscle tension
  - to reduce the risk of muscle and tendon injuries
- HOW?**
- hold stretch for 10-20sec - **DO NOT BOUNCE**
  - repeat each stretch 2-3 times
  - stretch gently and slowly, keep breathing
  - stretch to the point of tension - **NEVER PAIN**
  - select the major muscle groups used in your sport and stretch them through their full range of movement

### **ENTIRE STRETCHING SESSION SHOULD TAKE 15-20 MINUTES**

To increase or maintain flexibility and muscle suppleness, a 20 min stretching session 2-3 times per week is recommended. This can be performed separate to your sporting activity

## Cool Down

- WHY?**
- to help remove muscle waste products
  - to reduce muscle soreness and stiffness
  - to enable you to compete again at the same level within a short period of time
- HOW?**
- 2-3 minute light jog, or brisk walk immediately after sport
  - 5-10 minutes of stretching (emphasise the major muscle groups you have used during your sport)



Government of South Australia

**DISCLAIMER:** The information in this brochure is of a general nature. Individual circumstances may require modification of general advice from an appropriate health professional eg physiotherapist.

[www.smartplay.net](http://www.smartplay.net)

[www.smasa.asn.au](http://www.smasa.asn.au)



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**1. Neck Flexion/Extension Stretch**  
(forward, then back)



**2. Neck Lateral Flexion Stretch**  
(one side, then the other)



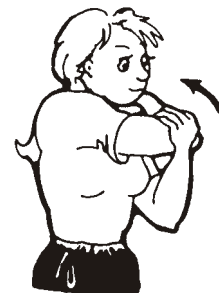
**3. Latissimus Dorsi and Posterior Deltoid Stretch**  
(link hands, push elbows together)



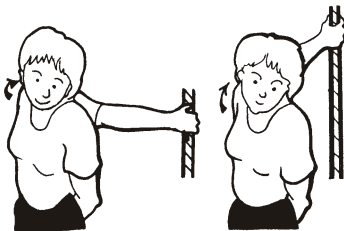
**4. Triceps Stretch**  
(pull elbow across and down)



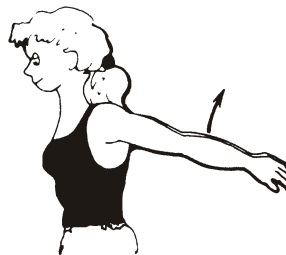
**5. Shoulder Rotator Stretch**  
(using towel, pull up with the top arm then down with the other)



**8. Supraspinatus Stretch**  
(keep elbow parallel to ground)



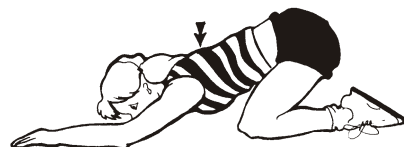
**6. Pectoral Stretch at 90° and 120°**  
(use a doorway or post)



**7. Bicep Stretch**  
(hands apart)



**9. Wrist Extensor Stretch**  
(tilt head to opposite side, keep elbow straight)



**10. Thoracic Extension Stretch**  
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)

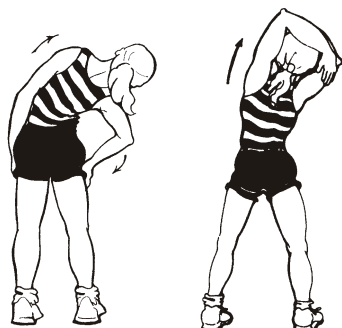


SMART PLAY

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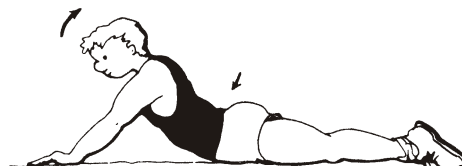


SMART PLAY



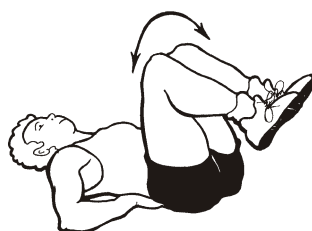
### 11. Lateral Flexion Stretch

(one side, then the other, push pelvis across as you bend)



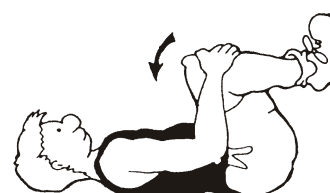
### 12. Lumbar Extension and Abdominal Stretch

(be gentle if sore)



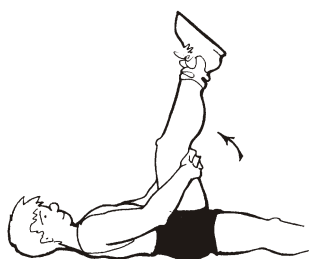
### 14. Lumbar Rotation Stretch

(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



### 13. Lumbar Flexion Stretch

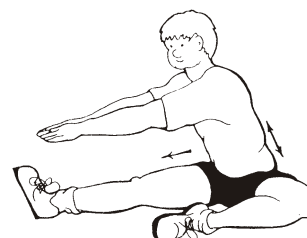
(be gentle if sore)



### 15. Hamstring Stretch

(straighten leg)

- i. with foot pointed
- ii. with foot pulled back towards the knee



### 16. Hamstring Stretch

(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



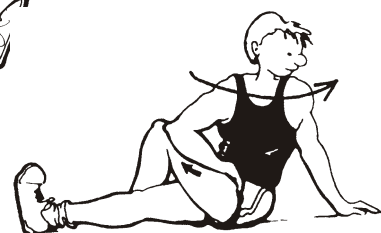
### 17. Adductor Stretch

(push down with elbows on knees very gently, keep back straight)



### 18. Gluteal Stretch

(pull knee and lower leg towards opposite shoulder)



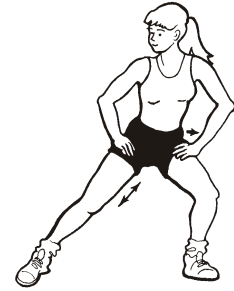
### 18. Gluteal and Lumbar Rotation Stretch



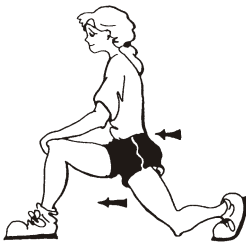
**20. Quadriceps Stretch**  
(keep pelvis on floor)



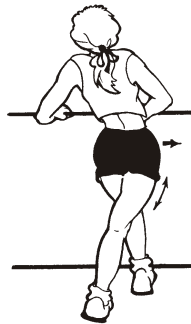
**21. Quadriceps Stretch**



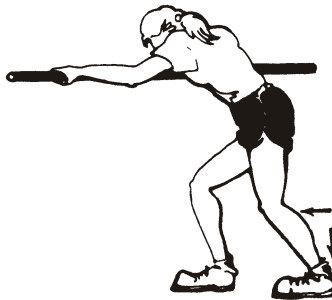
**22. Adductor Stretch**  
(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



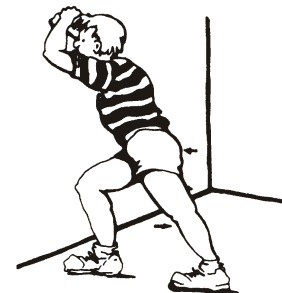
**23. Hip Flexor Stretch**  
(keep back straight, tuck bottom under, lunge forward on front leg)



**24. Tensor Fascia Stretch**  
(continue to push bottom forward, whilst pushing hip to the side)



**26. Soleus Stretch**  
(knee bent over rear foot, feet facing forward)



**25. Gastrocnemius Stretch**  
(keep knee straight and heel down, feet facing forward)

The stretches illustrated are aimed as an introduction to stretching. For Further information about stretching, contact your local Sports Medicine Physiotherapist or Sports Doctor.



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**Brochures in this series available from National Pharmacies:**

**Warm Up** - stretching    **Drink Up** - beat the heat    **Gear Up** - protective equipment    **Fuel Up** - food for sport    **Asthma** and sport

**Other Resources:**

Hot Weather Guidelines, Course Information Brochure, Children in Sport Guidelines, Warm Up Guidelines, Smartplay CD Rom, Drug Test CD Rom, Light Weights Package, Stretching Package, Drugs in Sport Brochure, Drugs and Substances Checklist.

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